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Subject: 2 Action Steps

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Attachments: JE-Comparative.jpg; JEpsteinLeftLatFlexion3A.jpg

#1. Light resistance training,
30 minutes max. 3 sets per body part. 12-18 reps per exercise.
Protecting muscle tone & avoiding atrophy is key.
The secret is in "light".
Our bodies can always purge a small amount of lactic acid
with hydration & movement which leads to.....

#2. Raising our core temperature, (light sweat) each day.
This enhances immunity which should be our goal each day.
Yes, walking could be the most underrated activity in the world.
Movement wins.